

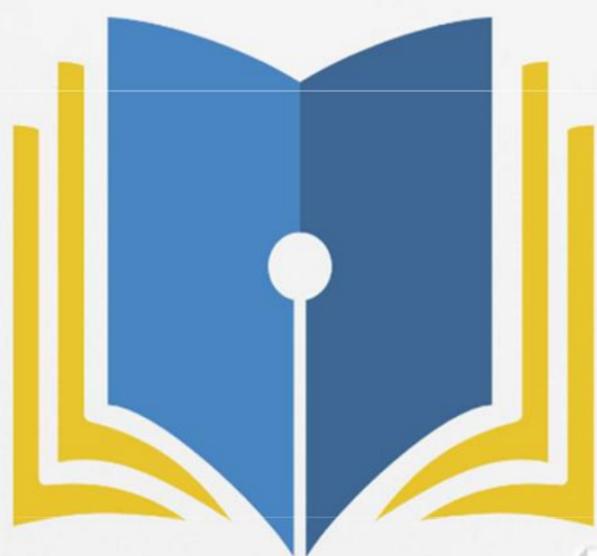


Chikitsak Samuha's  
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science  
AND V.P.Varde College of Commerce & Economics  
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104  
(AN AUTONOMOUS COLLEGE AFFILIATED TO  
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# WEEKEND CHRONICLE

WINDOW TO YOUR  
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B.M.S DEPARTMENT

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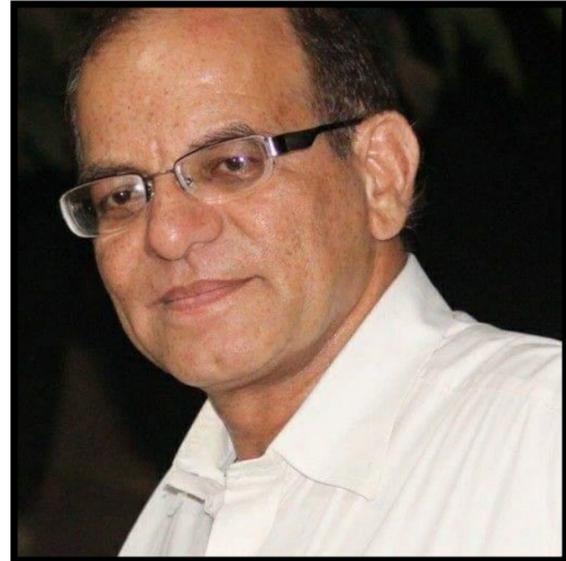
## A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

**Dear Readers,**

**“Develop a passion for learning. If you do, you will never cease to grow.” We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is moving at such an enhanced rate and we as educationalists need to cause and reflect on the entire system of education. On-line learning provides new age technology to widen the educational scope. It prepares students to succeed in an increasing technology driven global economy. Technology makes life much easier, most of all it saves time and energy. It is one of the fastest growing field right now and there is no sign of stopping anytime soon.**

**It is indeed a great moment for all of us to bring forth this weekly E-Periodical “Weekend Chronicle”. We are sure this E-Periodical will help to acquire knowledge and skills, build build character and enhance employability of our young talented students to become globally competent. There is something for everyone here, right from the fields of Business, Academics, Travel and Tourism, Science and technology, Media and lot more. The variety and creativity of the articles in E-Periodical will surely add on to the knowledge of the readers. I am sure that the positive attitude, hard work, continued efforts and innovative ideas exhibited by our students**

**Dr. Mala Kharkar  
Chief Education Officer  
(Patkar-Varde College)**



## **A MESSAGE FROM THE PRINCIPAL'S DESK**

**Dear Readers,**

**As we know, "An Investment in knowledge pays the best interest."**

**Hence in this regard the E-Periodical Weekend Chronicle is playing a vital role in providing a platform to enhance the creative minds of our students of BMS Department.**

**The E-Periodical i.e online magazine drives us through varied genres containing- News related to Global affairs under departments like Business, Advertisement, IT and Science & Nature to intellectual news articles under Academics, Media and Library Departments. It also covers articles related to Food & Health care, Culture & Cuisine and Travel & Tourism which usually tops our "bucket lists" including article which address societal problems under Department of Social Issues. Lastly covering words and vision of our talented students as budding poets, writers and thinkers under Student's section Department.**

**Over all this vision of constructing E-Periodical by students will engage today's youth and the crafters of the youth (teachers) in their communities which is the necessity to over come hurdles of present reality. We will strive to make a better world through our acts and thoughts. Rather it is a challenge to be met!!!**

**Dr. Shrikant B Sawant  
Principal  
(Patkar-Varde College)**

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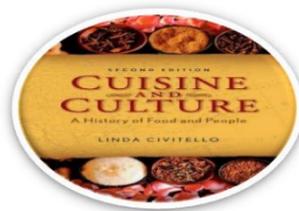
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**BUSINESS****Next 10 years will be India's golden moment in key sectors, says Silicon Valley venture capitalist.**

A top venture capitalist from Silicon Valley said that the next 10 years is going to be India's "golden moment" in key sectors like technology, pharmaceutical, e-commerce and manufacturing.

"Coronavirus is sweeping the world, especially the US and India. In spite of that, the amount of investment going into India is mind-boggling," Silicon Valley's top venture capitalist, entrepreneur and philanthropist M R Rangaswami told PTI in an interview.



India has received foreign direct investment of over USD 20 billion in the last few months during the coronavirus pandemic, which has had an adverse affect on businesses across the world apart from the over-6-lakh lives the infection has claimed so far.

"I think the next 10 years is the golden moment for India to shine; using digital and technology -- whether it's medicine, telemedicine, e-commerce, logistics -- in every segment of the market. Whether it's a kirana (local grocery) shop, everything is going to be digital. It is the golden moment that India should seize," Rangaswami, the software business expert said.

Referring to the series of FDI into India post-COVID-19 outbreak, Rangaswami said it is unprecedented by any standards.

Prominent investments include USD 10 billion from Google, USD5.7 billion from Facebook, USD 1.2 billion from Walmart and USD 1 billion from Foxconn.

"I think there will be many, many more deals this year. You'll see a lot more companies coming in, a lot more money coming in. A lot more investments," he said.

"Amazon (e-commerce company) continues to invest in India. Other companies are looking at India now. Private equity guys are looking at India.

He noted that the current President Donald Trump-led administration's anti-China sentiment is also helping India bag big investment.

Relations between the US and China have spiralled downward after Washington criticised the Asian powerhouse's handling of the COVID-19 pandemic.

He said the entire business ecosystem is adopting new technologies like never before -- which not only provides easy solutions in business but also is a market in itself. so, what I would request is Indian ministers, key bureaucrats and technology industry leaders put together a roadmap, set of regulations and authorisations so that companies can come in easily. We (must) avoid all the problems of privacy, security in the future.

According to Rangaswami, India needs to iron-out all the impediments to businesses immediately to ensure smooth sailing for all parties.

**-Rohit pawar**  
(Newscaster)

(Ref :- <https://www.moneycontrol.com/news/business/economy/next-10-years-will-be-indias-golden-moment-in-key-sectors-says-silicon-valley-venture-capitalist-5566361.html>)

**Indian investors rush into penny stocks below ₹5 during Covid-19 pandemic**

The surge was especially strong in June, when a custom index of 800 stocks that quote below ₹5 climbed about 10 times faster than the Sensex

India's retail investors are leaving their mark on a risky corner of the nation's \$1.9 trillion share market: penny stocks.

A custom index of 800 stocks that quote below ₹5 (7 U.S. cents) has trounced the S&P BSE Sensex index by 33 percentage points this year. The surge was especially strong in June, when the gauge climbed about 10 times faster than the Sensex as India eased its national lockdown.

The outperformance reflects the growing heft of rookie stock-pickers in a country where new trading accounts are opening at an unprecedented pace, mirroring the record sign ups at U.S. brokerages including Robinhood. As in other markets, this optimism doesn't square with reality of dire economic projections and climbing virus numbers.

"Investors are ignoring the rising virus cases, high valuations and banking on hopes of things going back to normalcy in the next few quarters," said Rusmik Oza, head of fundamental research at Kotak Securities Ltd. "In this scenario, investing in penny stocks is the most dangerous thing to do.

More than 2.6 million new accounts have been opened with the Central Depository Services (India) Ltd. since March, including a record 830,405 in June, according to data from the Mumbai-based share deposit

Siddha Ventures Ltd. has seen its shares jump more than 800% since April 1 to ₹3.42 apiece, while Jain Studios Ltd. has surged more than 400% to ₹3.32 in the period.

Back home, stocks with "zero equity value" such as GTL Infrastructure Ltd., Suzlon Energy Ltd. and Jaiprakash Associates Ltd. have more than doubled since April, said Nirali Shah, a senior research analyst at Samco Securities Ltd. The euphoria can only last so long, she said.

"There is a high probability that the trend will fizzle out and not continue for long," Shah said. Once selling starts and lower circuits are triggered is when "the reversal of the trend will begin."

**-Ritu Patel**  
(Newscaster)

(Ref :- [www.livemint.com](http://www.livemint.com))

## ADVERTISMENT

### Social distancing and a story in Cadbury Dairy Milk silk's new ad

Cadbury Dairy Milk silk has released a new TVC on the proposition of 'How far will you go for Love' launched earlier in the year, which aims to connect with today's youth.



The film is showing a story of a girl and his boyfriend, their secret romance that how far they will go for their love. As she walks she noticed she is in shade and as she looks up she finds her boyfriend on the terrace holding umbrella and walking parallel with her while jumping from one terrace to another to protect her from the sun he then throws her the silk bar which she grabs and relishes, which seems to be their secret romance.

This ad film brings the philosophy for today's youth that words, sometimes are not enough to express what you really feel for each other. Sometimes it's important to go that extra mile to make each other feel special.

**-Bhakti Mhatre  
(Newscaster)**

(Ref- <https://brandequity.economictimes.indiatimes.com/news/marketing/how-far-will-you-go-for-love-says-cadbury-dairy-milk-silk-in-new-ad/76322311> )

ET Brand Equity.com from The Economic Times

### Laptop, PC makers likely to spend ₹450 cr on ads as demand grows

**Updated: 07 Jul 2020, 06:46 AM IST**

Personal computer (PC) brands have stepped up their advertising spends, which are expected to touch ₹450 crore this fiscal with demand. The subsequent reopening of markets and rising e-commerce deliveries of non-essential goods.



The advertising blitzkrieg is led by brands such as HP India, Dell, and Lenovo, which have begun promoting new launches. The lockdown has changed everything from students attending online classes.

In the current scenario, the utility of a PC has increased for uses such as working, remote learning, online classes.

In the short-term budget laptops will witness a spike in demand. This might not be a long-term growth strategy for these brands as they are focussing on hybrid devices which can be used as both a laptop and tablet. Demand for PC's which is in 40000 to 60000 price band.

**-Shruti Bhaskar Amin  
(Newscaster)**

(Ref- <https://www.livemint.com/industry/advertising/laptop-pc-makers-likely-to-spend-450-cr-on-ads-as-demand-grows-11594084195703.html>)

Source: livemint

### How are Famous Brands Celebrating Raksha Bandhan in 2020?

Updated :July 20, 2020

#### Cadbury Celebrations

Cadbury has time and again come up with unique themes for festival campaigns. With their latest Raksha Bandhan campaign #CloserThisRakhi



They have made us realise the importance of having siblings. Keeping true to their theme of great storytelling, their latest Raksha Bandhan advertisement encapsulates the unmatched emotions of a brother-sister relationship & touches the emotional chord in our hearts

It shows a sister tying rakhi on her brother's wrist who asks him about his favourite sister. The brother offers her a piece of chocolate and tells her that she's his favourite sister among all.

The 45 minutes shot perfectly captures the love between a brother and a sister and how it has changed in the past few months of Coronavirus. Titled #CloserThisRakhi, the advert has been conceptualized by Ogilvy and shot under the direction of Divij Kulkarni.



Cadbury Celebration #CloserThisRakhi

**-Shruti Bhaskar Amin  
(Newscaster)**

(Ref:-

<https://www.business2community.com/marketing/how-are-famous-brands-celebrating-raksha-bandhan-in-2020-02328596>)

Source: Business 2 community

## INFORMATION & TECHNOLOGY

### *Jio Glass Mixed Reality Headset With Wireless Audio, 3D Holographic Video Calling Announced*



Jio Glass, a mixed reality headset, was announced at the annual Reliance AGM 2020 on Wednesday. The headset essentially pairs with your phone to let you conduct classes, make video calls, and host meetings in a 3D holographic environment. Jio Platform has designed the Jio Glass, and it is said to be compatible with 25 mixed reality apps already. The mixed reality headset has an ergonomic design for comfortable use and a camera up front. The headset has a high-resolution display, and there are vents in the frame for heat dissipation. The company claims users can easily make calls using the Glass through voice commands.

The [Glass](#) weighs 75 grams, it looks just like any normal pair of sunglasses at the outset but is thicker in some places to integrate the sensors and necessary hardware. It essentially pairs with your phone and amplifies compatible apps into the 3D augmented world. The glasses come with support for spatial and directional XR sound system that runs all audio formats without any wired attachments. As mentioned, the mixed reality headset comes with 25 mixed reality applications compatibility across genres like entertainment, learning, gaming, shopping and productivity. The Glass enables users to make a holographic video call in which lets you share, discuss, and deliberate on presentations, Enables virtual interactions through 3D and 2D manner.

Glass could prove to be useful for teachers and students as well, allowing them to come together in a 3D virtual classroom and conduct holographic sessions through the Jio Mixed Reality Cloud in real-time. The mixed reality headset could also enable immersive learning where students could virtually travel to TajMahal or the Pyramids of Giza in their geography lectures. The company did not indulge into too much detail for the Glass, but now that it has been unveiled, availability and pricing details should be announced in the near future.

- Ajay Lovekar  
(Newscaster)

(Ref:- <https://gadgets.ndtv.com/wearables/news/jio-glass-mixed-reality-headset-announced-25-apps-compatibility-wireless-audio-more-2263279>)

### *With the increase in remote work, businesses need to protect themselves against cyberattacks*



The COVID-19 pandemic and subsequent lockdown have forever changed how we socialize and conduct business, our personal and professional lives will be online. Paradoxically, our office towers sit empty. However, the amount of traffic in the virtual world continues to increase exponentially. Our physical borders are closed, but the virtual ones remain wide open, and relatively undefended. Cybercriminals; callous opportunists of the worst kind; take advantage of crises to engage in even more attempts to penetrate computer networks and extract data. Phishing, **Smishing (SMS phishing) and vishing (voice phishing)** attacks are **all on the rise**. Our tendency to click on infected emails has **increased with the correspondent increase in email traffic** — a two-fold impact on the severity of the threat environment.

In the past, knowledge workers might have been centralized into one, or a few locations, with controlled access to information. Now they are dispersed across thousands of sites that the enterprise has no control over. Face-to-face communications are taking place on open, web-based platforms like zoom, google meet, go to meeting and many others, all vying for market share in an attempt to become the industry standard. Concurrently, managers in organizations are dealing with unseen reductions in business volumes and making the difficult decisions of laying-off employees, shutting down plants and stores, and yet somehow still maintaining some kind of presence and level of customer service in the hope of recovering losses once the pandemic response restrictions are eased.

COVID-19 will prove to be a generational event with long-lasting and as yet unknown effects on society. By critically considering and discussing what to Start, Stop, or Continue with regards to Cyber-resilience, businesses and their employees will be in a better position to anticipate, mitigate and flourish in current conditions and beyond. Finally, executives need to ensure that succession plans for their IT and Cyber security staff.

- Sushma Dhillpe  
(newscaster)

Ref (: <https://theconversation.com/with-the-increase-in-remote-work-businesses-need-to-protect-themselves-against-cyberattacks-138255>)

## SCIENCE &amp; NATURE

**Robotic colleague that has been working non-stop in their lab throughout lockdown**

Today, in a world where scientists also need to limit their time in the lab and maintain social distance from each other, the robo-scientist has come into its own.

"It doesn't get bored, doesn't get tired, works around the clock and doesn't need holidays," Dr Burger joked.

On a more serious note, he said that the robot had transformed the speed at which he could carry out research. "It can easily go through thousands of samples," he said, "so it frees up my time to focus on innovation and new solutions."

According to Prof Andy Cooper, the materials scientist who has put the robot to work in his lab, can be used in the fight against Covid-19.

"We've had a lot of interest [in the robot] from labs that are doing Covid research," he told BBC News.

"Covid, climate change - there are lots of problems that really need international co-operation. So our vision is we might have robots like this all across the world connected by a centralised brain which can be anywhere. We haven't done that yet - this is the first example - but that's absolutely what we'd like to do."

So does this mean that while many scientists have been in lockdown, the machines have come to take their jobs?

"Absolutely not," said Dr Black. "Science will always need people".

**FUN FACT**

Right now there's a robot on Mars too.

- *Nesica Dsouza*  
(Newscaster)

Ref- (<https://www.bbc.com/news/science-environment-53029854>)

**Cancer-detecting 'smart needles'**

A "smart needle" has been developed by scientists in the UK which could speed up cancer detection and diagnosis times. Researchers believe the technology could be particularly helpful in diagnosing lymphoma, reducing patient anxiety as they await their results.

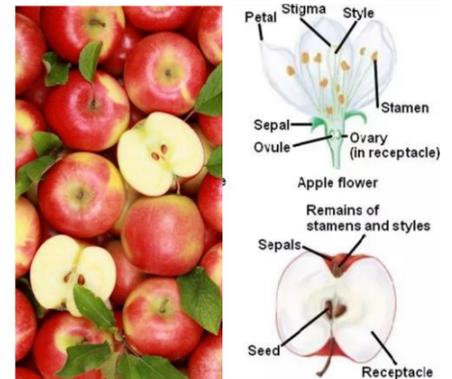
At present, people with suspected lymphoma often have to provide a sample of cells, followed by a biopsy of the node to be carried out for a full diagnosis, a process which can be time consuming. The new device uses a technique known as Raman spectroscopy to shine a low-power laser into the part of the body being inspected, with the potential to spot concerns within seconds, scientists from the University of Exeter say.

"The Raman smart needle can measure the molecular changes associated with disease in tissues and cells at the end of the needle," said professor Nick Stone, project lead, from the University of Exeter. "Provided we can reach a lump or bump of interest with the needle tip, we should be able to assess if it is healthy or not."

- **Fact/ FYI:** The innovative new technique could help speed up cancer diagnosis and reduce the need for diagnostic surgery, particularly in lymphomas, which affect over 15,000 people every year in the UK.

- *Bhumika Mhatre*  
(newscaster)

(Ref :- [http://www.pharmatimes.com/news/smart\\_needle\\_could\\_identify\\_cancer\\_instantly\\_1320488](http://www.pharmatimes.com/news/smart_needle_could_identify_cancer_instantly_1320488))

**An Apple not a Fruit ?**

Botanically speaking, An apple is considered as a FALSE FRUIT.

FALSE FRUIT, a fruit that forms not only in the wall of the CONNECTION, but also in other parts of the FLOWER. The false fruit can enclose a flower from the CUP of flower or FLOWER. In strawberries, for example, the false fruit is the fleshy part, which becomes receptive, while the "seeds" planted in it are the real fruits.

In botany there are different points of view on the scope of the concept of the fetus. Many botanists believe that the real fruits are only those that are formed from the ovary of a flower, like a plum, cherry, tomato, or a box of poppypoppy.

Those fruits, in the formation of which other parts of the flower take part, are considered false. From this point of view, an apple, for example, is not a real fruit, but a false one, since a flower tube takes part in its formation. Even more false fruit is strawberry, the whole soft, edible part of which is represented by overgrown receptacle.

But other botanists rightly object to such a very narrow and one-sided definition of the fetus. They point out that it is much more convenient and more correct to view the fetus as a result of the modification of the whole flower, and not only of the gynoecium, although the ovary of the fetus forms the most significant part.

**FUN FACT** - Apples can float in water because 60% volume of apple is nothing but air. This air makes it become less dense than water. Thus, it will float on water. It is a matter of pure science

**Ref** (<https://food.ndtv.com/food-drinks/8-weird-facts-about-apples-were-sure-you-wont-know-1737498>)

- *Parab Disha Rajendra*  
(Newscaster)

## ACADEMICS

## DRAMA



Drama is a mode of fictional representation through [dialogue](#) and performance. It is one of the literary genres, which is an imitation of some action. Drama is also a type of a [play](#) written for theater, television, radio, and film.

Let us consider a few popular types of drama:

- **Comedy** – Comedies are lighter in tone than ordinary works, and provide a happy conclusion. The intention of dramatists in comedies is to make their audience laugh. Hence, they use quaint circumstances, unusual characters, and witty remarks.
- **Tragedy** – Tragic dramas use darker themes, such as disaster, pain, and death. Protagonists often have a tragic flaw — a characteristic that leads them to their downfall.
- **Farce** – Generally, a farce is a nonsensical genre of drama, which often overacts or engages slapstick humor.
- **Melodrama** – Melodrama is an exaggerated drama, which is sensational and appeals directly to the senses of the audience. Just like the farce, the characters are of a single dimension and simple, or may be stereotyped.
- **Musical Drama** – In musical dramas, dramatists not only tell their stories through acting and dialogue, but through dance as well as music. Often the story may be comedic, though it may also involve serious subjects.

Drama Education is divided into steps that lead to success.

**Self-Confidence**

Taking risks in class and performing for an audience teaches students to trust their ideas and abilities. The confidence gained in drama applies to school, university, careers, and life in general.

**Imagination**

Making creative choices, thinking of new ideas, and interpreting familiar material in new ways are essential to drama. Einstein said: 'Imagination is more important than knowledge'.

**Empathy**

Acting roles from different situations, time periods, and cultures promotes compassion and tolerance for others' feelings and viewpoints.

**Concentration**

Playing, practicing, and performing develop a sustained focus of mind, body, and voice, which also helps in other subjects and courses, and, again, life in general.

**Problem solving**

Students learn how to communicate the who, what, where, and why to the audience. Improvisation fosters quick-thinking solutions, which leads to greater adaptability in life.

**Social Awareness**

Legends, myths, poems, stories, and plays used in drama teach students about social issues and conflicts from cultures – past and present – all over the world.

**Drama improves academic performances**

Several studies have demonstrated a correlation between drama involvement and academic achievement. In addition to having higher standardized test scores, students who participate in drama often improve reading comprehension, maintain better attendance records, and stay generally more engaged in class.

Research also indicated that involvement in the arts increases student engagement and encourages consistent attendance. Here are the results:

- Students considered to be at high risk for dropping out of high school cite drama as their motivation for staying in school.
- Students who participate in the arts are three times more likely to win an award for school attendance than those who do not.

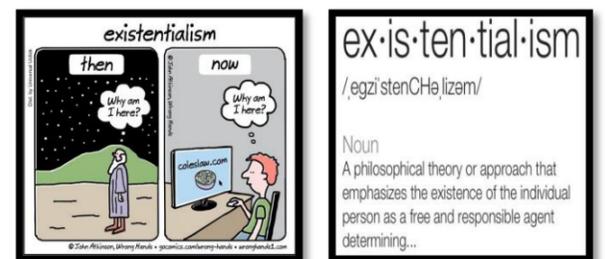
Drama Education doesn't just boost the students' confidence, it develops their communication skills, and makes them stronger people, but it also improves their academic performances. Drama Education is therefore essential for more successful scores and higher grades.

- Sanjeet Bhelekar  
(Newscaster)

Ref:( <https://www.snoutoutuk.org/>)

## When Will It Be Normal?

During the last four months, we have experienced change across every element of our lives. Existentialist philosophers, many who lived and wrote through the Second World War, can teach us about dealing with adversity. Imagine all your projects in the world come to an abrupt halt and that your plans, the way you structure meaning into the future, are cut off. It isn't hard to do; many of us experienced this sudden cessation of being in the world, it felt like alienation. In the wake of the disruption, we struggled to maintain structure and secure our basic needs: food, shelter, sleep, health, resources, property, friendship, intimacy



According to the existentialists, anxiety occurs when we lose those things we take for granted, when the way we lived is exposed as absurd. Alienation follows at the heels of the sense of the absurd when many of us realize that what was 'normal' just a few months ago is a deeply flawed experiment in society, economy, and politics. While many have made of the space, the freedom, opened up by the crisis and its ramifications an opportunity to demonstrate a will and a need to make changes to the systems by which we are governed, others can't wait to get back to 'normal'. Is seeking stability, even if the stable structure is inherently problematic, a form of freedom, or an example of acting in 'bad faith'? Cultural products give us a way to direct the imagination; technology provides the vessels into which we pour time, attention, and imagination. At times, imagination dried up and boredom and apathy consumed us. Rather than creatively build the world every morning by commuting, talking, attending, working, eating, pursuing, we watched the world that we imagined. Like the existentialists, we are driven to consider the customs, forms, and institutions by which we relate to each other, and within which our lives take shape—in short, we must engage with politics. What is normal? It is the way we imagine ourselves moving through time in the ways that provide the best sense of safety, security, freedom, and fulfillment. This is not to say we all imagine the same future, nor even that we all imagine the same past. May we enrich our imaginations with healthy ideas for the days to come.

- Saneha Jatav  
(News Caser)

Ref:(<https://www.psychologytoday.com/intl/blog/me-the-self-and-i/202006/when-will-it-be-normal>)

## MEDIA

### **Podcasts: A new way to express yourself.**

Podcasts are becoming an increasingly popular way to educate and entertain people. Whether you're listening via your smartphone or on the web, there's certainly a subject that interests you.

#### **The advantages of podcasts over other media**

The best things about podcasts is that you can listen to them anywhere. You can download them and listen when it's convenient to you, hence they will seamlessly fit in around your daily schedule. You might listen to podcasts when you're:

- On your way to work
- 1. Out taking a walk
- 1. At the gym
- 1. Looking for a distraction

#### **How do I launch my own podcast?**

1. **Core of Podcasting** - Get a new microphone or use your mobile earpiece. Since it's a USB microphone, you can connect it to your laptop and record easily. Also, you may buy a pop filter and a mic stand.
2. **Brainstorm** with your fellow podcasters or friends for good attractive names which kind of say what your podcasting service is going to cater to the people.
3. **Figure out what you want to talk about** - Pick something you love. History, sports, music, anything. Wait, you love everything equally? Well and good. It's your podcast, express yourself.
4. Very important. **Find a recording room.** Find a quiet place and record your podcast.
5. **Get an editing software.** Audacity is a free editing software which is easy to use too.
6. You are all set, now next level. Launch it on your website. Create RSS feed and submit it to streaming services like Spotify. Fingers crossed. If everything goes well you will be in the world's largest repository for podcasts.

-Vedang Khopkar  
(Newscaster)

Ref: (<https://tubelightpodcastsblog.wordpress.com/2017/01/22/how-to-launch-a-podcast-on-your-own/>)



### **How blogs helps the new learners to express there views**

What is blog:- A **blog** is an online journal or informational website displaying information in the reverse chronological order, with .he latest posts appearing first. It is a platform where a writer or even a group of writers share their views on an individual subject.

Objectives of blogs :-You want to offer informative ,helpful, educational content to people who want to read what you have to say. You want to continue to generate more and more traffic. Your ultimate goal, of course, is to become more and more successful through your blog and how effectively it touches other people.

Types of blogs:-

- Personal blog-When blogging began in the late 90s, the first type of blogger appeared was the online diary blo,
- Business blogs
- Professional blogs
- Niche blogs
- Reverse blogs
- Affiliate blogs
- Media blogs
- Freelance blogs.



Inspiring example:-Blogging is a great way for students to express themselves in a safe online environment. Not only does it work to build creativity and self-expression, it can be downright fun to have your voice heard.

- Anushka more  
(newscaster)

Ref-(<http://www.kathleenamorris.com/2018/03/14/benefits-blogging/>)

## LIBRARY

**First Female Prime Minister in the World : Sirimavo Bandaranaike**

**Sirimavo Ratwatte Dias Bandaranaike (17 April 1916 – 10 October 2000)** was a Sri Lankan politician. She served as prime minister three times and was the leader of the Sri Lanka Freedom Party. She was the first female to be elected head of government in the world. Bandaranaike was the widow of a previous prime minister, Solomon Bandaranaike, who was murdered in 1959. Her policies were based in socialism and similar to her husband's. All three of their children later served in the Sri Lankan government. By 1994, even though Bandaranaike and her daughter Kumaratunga held the top political positions of prime minister and president, Sri Lanka continued to have some of the lowest political participation rates for women out of any Asian country. She spent 40 years in political office. She resigned on 10 August 2000. Exactly two months later she died, aged 84, of a heart attack.

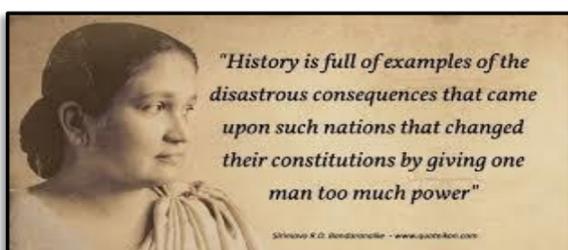
### **Interesting facts about Sirimavo Bandaranaike first female Prime Minister in the world:**

- The first female Prime Minister was educated in Catholic, English-medium schools, but remained a Buddhist and spoke Sinhala as well as English.
- Sirimavo Bandaranaike also served as the Minister of Defence and External Affairs of Sri Lanka.
- She got married to SWRD Bandaranaike, who later became the Prime Minister of Sri Lanka.



Sirimavo Bandaranaike joined the Lanka Mahila Samiti (Lankan Women's Association), the country's largest women's voluntary organization in 1941.

- The first female Prime Minister was unanimously elected party president by the executive committee of the Freedom Party of Sri Lanka.
- She worked and focused on improving the lives of women and girls in rural areas of Sri Lanka.
- Sirimavo Bandaranaike in 1975 created the Ministry of Women and Child Affairs in Sri Lanka.
- The first female Prime Minister played a large role abroad as a negotiator and a leader among the Non-Aligned Nations.
- She was stripped of her civil rights in 1980 for abuses of power during her tenure and barred from the government for seven years.



**Vaibhavi Nijampurkar**

Ref:( [https://simple.m.wikipedia.org/wiki/Sirimavo\\_Bandaranaike](https://simple.m.wikipedia.org/wiki/Sirimavo_Bandaranaike)  
www.indiatoday.in)

## FOOD, HEALTH & NATURE

### Let nature be your medicine

**Ashwagandha** is an evergreen shrub that grows in India, the Middle East, and parts of Africa. Its roots and orange-red fruit have been used for hundreds of years for medicinal purpose. The herb is also called Indian ginseng or winter cherry. The name ashwagandha describes the smell of its root (like a horse). By definition, ashwa means horse. The herb is considered one of the most important herbs in the Ayurvedic medicine system, a healthcare practice that started in India over 3,000 years ago.



In Ayurvedic medicine, ashwagandha is considered a Rasayan. The leaves, seeds and even fruit have been used in different ways for various treatments

**The traditional medicine offers several benefits:**

- **Help to combat the effects of stress:** It helps the body to adapt to various emotional and physical stress. As ashwagandha help reduce cortisol, the stress hormone in the body, it considered an effective treatment to reduce stress.
- **Helps to regulate blood sugar levels:** The herb has the ability to lower blood sugar level and help keep blood sugar levels in control. It also help reduce fasting blood sugar levels.
- **Reduce anxiety and depression:** Ashwagandha benefits in reducing symptoms of anxiety and anxious mood. Regular consumption of ashwagandha in its right dosage reduce severe depression in adults.
- **Helps to lower cholesterol and triglyceride:** Ashwagandha is shown to improve heart health by reducing the levels of bad LDL cholesterol and triglyceride level.

Ashwagandha and Ayurvedic medicine still remains somewhat of a mystery to modern science many of the studies so far have been too small, done only on animals or had some flaws in their design. For this reason researchers say with certainty that its an effective treatment. But they can't ignore the benefits. If you do choose to use the herb as a part of your treatment plan make sure to first discuss it with your doctor.

**DikshaSingh**  
(newscaster)

Ref- (<https://food.ndtv.com/ayurveda/ashwagandha-the-powerful-health-benefits-and-beauty-benefits-you-need-to-know-1220328>  
<https://www.healthifyme.com/blog/ashwagandha-benefits-side-effects-recipes/>)

### Foods That Boost Your Immune System

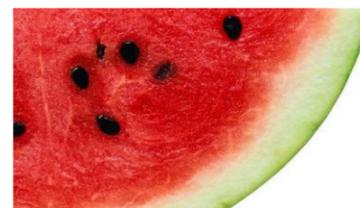
Boosting immune system is something way too important in such pandemic situation. It has told to us since the corona virus spread to keep our immune system strong and not only for the virus, but we should keep our immune system always strong by eating the right food. So following are the foods that boost your immune system.



It's an old folk remedy. This fruit is loaded with nutrients called antioxidants, and it may help fight inflammation. In some lab studies, an extract from the berries appears to block flu viruses. .



They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu.



It's not only refreshing. When it's ripe, it's also got plenty of an antioxidant called glutathione. It strengthens the immune system so it can fight infection. To get the most glutathione in your watermelon, eat the red pulpy flesh near the rind.



You'll find lots of nutrients in this "super food." One of them is folate, which helps your body make new cells and repair DNA. It also boasts fiber, antioxidants such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.

Apart from these there are lots of other foods which boosts the immune system. The immune system protects us from disease caused by bacteria, viruses and toxins, and helps remove foreign bodies and malignant cells from our system. In addition, the immune system is responsible for down-regulating immune responses against external harmless triggers such as food, or against the bodies' own tissue.

**-Pooja Mishra**  
(newscaster)

Ref:-(<https://www.webmd.com/cold-and-flu/ss/slideshow-immune-foods>)

## CULTURE & CUISINE

### ***Have your Rakhi and eat it, too: Edible rakhis are a Raksha Bandhan special***

Raksha Bandhan is that one day of the year when you can bully your brothers into giving you gifts, token money and fulfilling all your whims. But with the current Covid-19 crisis, meeting siblings and extended family for the festival might not be a possibility for many. Owing to the new normal, many mithai shops, home bakers and patisseries are offering pan-India delivery services of their signature edible rakhis. Yes, you read that right — edible rakhis that are every bit delicious.

While chocolates and cookies are in demand, traditional mithai-based rakhis have their own fan base. Neelam Saini, of Mumbai-based Ornamental Mithai, says, “Raksha Bandhan is all about sending emotions. We have taken flavours like pistachio with coconut and mango, which is a summer flavour. We also have rakhis in gulkand and paan flavours.” They are delivering internationally as well. “All our packages are vacuum sealed and sanitized. Our chefs have gone for tests and we only take pre-orders,” she says. The rakhis have a shelf life of seven days. The price of the rakhis starts at Rs. 325 a box, and hampers go up to Rs. 2,800 as per the budget.



Adding a healthy twist to edible rakhis is Prayagraj-based home chef Ruhi Agrawal of Date with Food, who makes rakhis with dates, sunflower seeds and melon seeds. “There is no added sugar in my rakhis. One of my bestsellers is the walnut and apricot rakhi, while kids love the chocolate chip flavour,” she says. Safety measures in place, Ruhi has tied up with third party partners for deliveries across India. “I ensure a two-fold packing for my products and attach a small bottle of sanitizer and masks in the package. There is no labour involved and I make all the orders myself,” she says. The rakhis are priced at ₹70 and last for 45-60 days.

**- RUCHI SONI**  
(newscaster)

Ref:( <https://www.hindustantimes.com/more-lifestyle/have-your-rakhi-and-eat-it-too-edible-rakhis-are-a-raksha-bandhan-special/story-iC8tl1gUr1dm2U10VoXhZP.html>)

### ***IN MYTHOLOGY & HISTORY- THE FASCINATING STORIES OF RAKSHA BANDHAN THAT YOU PROBABLY DID' NT KNOW***

Indra's wife, queen Sachi, referred to as Indrani in the Puranic texts, tied the sacred thread of 'raksha' on his hand, which led the Gods to victory. Whether the first ritual of Raksha Bandhan began with a woman tying a thread on the wrist of her husband, is still a mystery. But just like most other festivals in India, the history of Raksha Bandhan is rooted in various mythological legends and folklore.

**Draupadi and Krishna:**One of the most popular Indian mythology legends is of Lord Krishna and Draupadi – the wife of the five Pandavas. On Makar Sankranti, Krishna cut his little finger. Watching Krishna bleed profusely, Draupadi cut off a part of the loose end of her sari and tied it on his finger. In return, Krishna promised to protect her. Krishna's help to Draupadi was immortalised in mythology, when at her unceremonious *cheerharan* (disrobing), her sari keeps getting extended, which is how he answers her call for help.

**Yama and the Yamuna:**When Yama, the God of Death did not visit his sister Yamuna, the river goddess sought help from river Ganga for 12 years. Upon a reminder about his sister by Ganga, Yama decided to visit Yamuna. Being overjoyed by her brother's arrival, Yamuna prepared a bountiful feast for Yama and tied a rakhi to him. Delighted, he asked his sister what she wanted as a gift. All she wished for was her brother to visit her soon. Moved by his sister's love, he blessed her with eternal life, and so Yamuna, the longest and the second largest tributary river of Ganga, flows tirelessly today.

**Lord Bali and Goddess Laxmi:**When demon king Bali, a devotee of Lord Vishnu, asked him for protection, Vishnu did it under the disguise of Bali's doorman. Away in Vishnu's abode Vaikuntha, his wife Laxmi missed him. So, she disguised herself as a woman seeking shelter and approached Bali, who opens his palace doors for her. She being the goddess of wealth, prospered Bali's home. On the full moon day of Shravana, when Laxmi tied a thread of coloured cotton on Bali's wrist for his protection, he asked her what she desired as a gift. Laxmi simply pointed to the gatekeeper who revealed his true identity. Bali kept his promise and asked Vishnu to return home with Laxmi, but Vishnu in turn promised to spend four months of each year with Bali.

As per Hindu tradition, it has been popularly known to celebrate the love between brothers and sisters, who may or may not be biologically related. The sister ties a rakhi (a sacred thread) on her brother's wrist and prays for his prosperity, while the brother gives her a token gift and a promise to protect her.

**-DHANASHREE PATIL**  
(Newscaster)

Ref:( <https://www.thebetterindia.com/111038/history-raksha-bandhan/>)

## TRAVEL & TOURISM



### BEAUTY LIES IN LONAVALA & KHANDALA :-

Dreamy, scenic and mesmerizing are the perfect words to describe the beautiful hill stations of Maharashtra, Lonavala and Khandala. People prefer to drive to these hill stations as the way leading here is absolutely charming. These hill towns witness a huge footfall during summers as traveller and holidaymakers from near and far visit here in huge numbers each year. And why not, the pleasant climate and natural beauty surrounding the area is just unmissable. The place is renowned for its cascading waterfalls, picturesque lakes, old caves and religious spots. Less than 65 km from Pune and around 100 km from Mumbai, Lonavala and Khandala are the much preferred weekend getaways and are well-connected by road via the famous Mumbai-Pune Expressway. Trains are also available at regular intervals from Pune and Mumbai, which makes it all the more easier for visitors. These twin hill stations, in Sahyadri ranges, are 622 metres (2,041 ft) above sea level and make for perfect summer holiday destination in the country.

#### FAST FACTS :-

- Nearest Airport: Lohegaon Airport
- Best Time to Visit Lonavala: May to June, September to October

#### PLACES TO VISIT IN LONAVALA AND KHANDALA :-

There are myriad picturesque places to visit in Lonavla and Khandala that will blow your mind off. Also popular weekend getaways from Mumbai, these two hill stations have been attracting people from all over the country. Far away from the city and sound, these two hilly destinations will rejuvenate your soul and refresh you from within. From lakes and vantage points to small mount tops and zigzagging waterfalls, the place is full of such wonders. The Lonavala Lake, Rajmachi Point and caves, Tiger's Leap, Duke's Nose and Bushy Dam are some of the famous tourist attractions.



Gaytari Kelkar  
(newscaster)

Ref :- ( [www.indiatimes.com](http://www.indiatimes.com) )

### PONDICHERRY- THE FRENCH TOWN

A portion of France still exists in India in the French Quarter in Pondicherry, which has a history of being acquired and colonised. Pondicherry had been passed on to multiple colonial powers of Dutch, Portuguese, English, but predominantly French. Even now there's a huge French influence in Pondicherry. The residents in Pondicherry are French citizens, the streets have retained their French names, the residents speak French, there are restaurants and cafes serving French food with menus in French language, the villas in French architectural styles prevail.

#### The French Quarter ( White Town ) :-

Pondicherry is planned according to the French grid structure and has perpendicular streets. The French Quarter (White Town) lies on one side of the canal that separates the town from the Indian Quarter.



The colonial style French villas have huge compounds, grand walls and majestic doors. This defines the French lifestyle of keeping their personal and social life to themselves behind the high walls. The villas are eminently coloured in sunburnt yellow, white and peach . It is very common to cover the verandahs, balconies and terraces with thatched roofs to give a cool ambiance in the tropical climate of Pondicherry.

#### Best Time To Visit :-

October To March

#### Vibrant streets of French Quarter in Pondicherry :-

It's not just the colourful French houses that make the vibrant streets of the French Quarter, there are graffitis on the roads and the walls that add on to the glimmer. The locals of Pondicherry are seen walking or riding a bicycle or a 2-wheeler on the streets. The Heritage Walk in the French Quarter can also be done on the cycle rickshaws.

#### Places To Visit In Pondicherry :-

- 1.Paradise beach
- 2.Aurobindo Ashram
- 3.Auroville

#### Things To Do In Pondicherry :-

- 1.Fishing
- 2.Cycling tour
- 3.Shopping in Pondy bazaar



MANSI JANGLE

(Newscaster)

Ref:( [www.ravenouslegs.com](http://www.ravenouslegs.com) )

## SOCIAL ISSUES

### UP gangster Vikas Dubey, accused in the killing of 8 cops, shot dead while attempting to flee

'We tried to make him surrender'  
But he fired at us: Police



Exactly a week after he and his goons shot dead eight Uttar Pradesh cops, gangster Vikas Dubey was gunned down allegedly in a controversial 'encounter' with the police near Kanpur, about 90 km from here, on Friday morning.

Vikas was 'arrested' on Thursday from the famous 'Mahakal' Temple in Madhya Pradesh's Ujjain town. He was being brought to Kanpur by a team of Special Task Force of UP police, when the encounter took place.

According to UP additional director general of police, Prashant Kumar, Vikas tried to escape after the SUV carrying him overturned amid heavy rains and was killed in firing by the cops.

Vikas snatched the pistol of a cop and tried to escape after the vehicle overturned the STF Jawan's travelling in the other vehicle challenged him and asked him to surrender but he opened fire the cops fired in self-defence.

The official said that four STF Jawan's were also injured in the encounter. Police sources said that the road was slippery and the vehicle carrying the gangster skidded near Bhaunti area, barely a few kms from the Kanpur town and overturned.

Vikas was taken to hospital in Kanpur, where the doctors declared him brought dead. There were four bullet marks on his body, according to his post-mortem report.

Vikas and his goons had shot dead eight UP cops, when the latter went to his residence at Bikaru village in Kanpur district to arrest him last week. Five key aides of the gangster had already been killed in encounters with the police in different parts of the state.



- Apurv Gavade  
(Newscaster)

Ref-(<https://www.deccanherald.com/>

[https://twitter.com/search?q=vikas+dubey+encounter&ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Esearch](https://twitter.com/search?q=vikas+dubey+encounter&ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Esearch)

<https://timesofindia.indiatimes.com/india/breaking-news-live-updates-10-july-2020/liveblog/76884398.cms>)

### Police Brutality

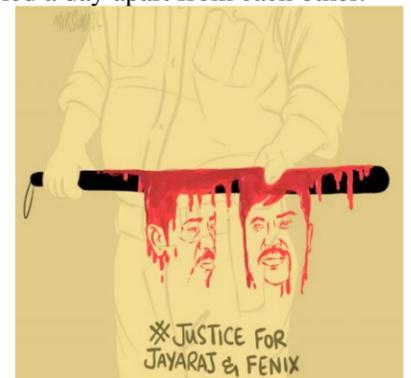
In India, everyone knows about gratuitous police beatings and custodial deaths and indifference of politicians to blatant state violence. According to reports many videos of police violence against citizens have been filmed and circulated all over social media.

Instances like death of an African American security guard in Minneapolis, USA, died during an arrest when a policeman pinned him down with his neck. Floyd's killing has triggered renewed conversation around systematic and disproportionate violence against citizens by the police in different parts of world.

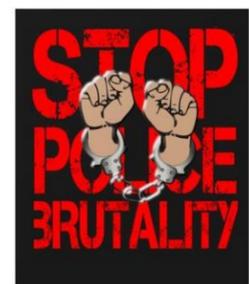
Similar cases like George Floyd's death has been taking place in India since decades.

Two men died in custody in the port city of Thoothukudi in Tamil Nadu, India. They had reportedly kept their mobile shop open beyond 8 p.m. on June 19, despite restrictions imposed by the state as part of lockdown measures due to COVID-19

The police dragged the father-son duo, 59-years old Jayraj and 31-year old Fenix to the Santhakulam police stations, where they were allegedly beaten, stripped naked and sodomized. Report states that the beaten father and son were taken to nearby hospital. The doctor was allegedly pressed by police to provide a medical certificate that the men were fit and healthy. The certificate was produced before the district magistrate to get an official nod to hold two men on remand in the Kovilpatti jail, some 100 kilometers away. On June 22 both men were severely sick and were taken to hospital, where they died a day apart from each other.



The hideous police brutality that rocked USA is a daily occurrence in India, but unfortunately it doesn't spark outrage of the sort that can turn the system on its head and jumpstart reforms as ordained by supreme court and Indian law.



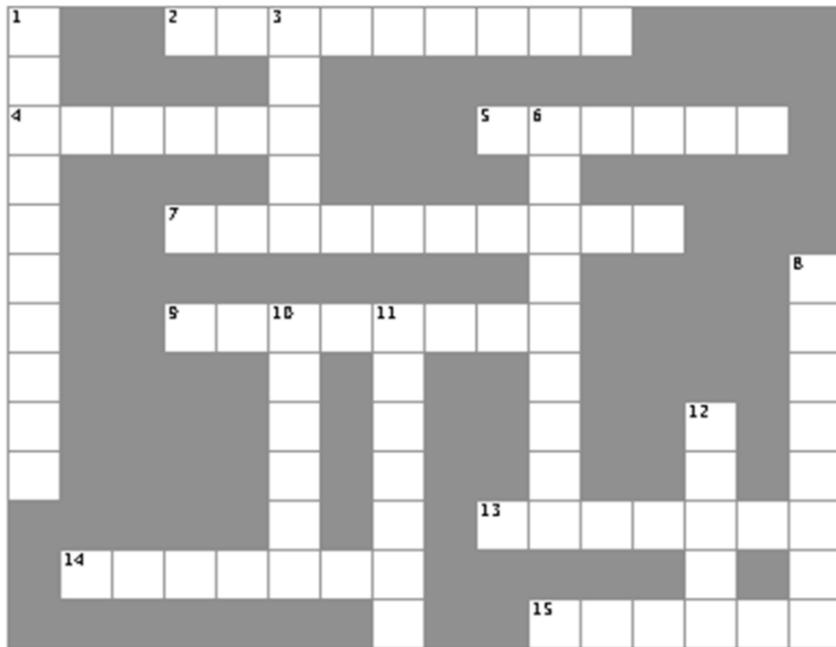
- Sanchita Sutar  
(Newscaster)

Ref:( <https://thewire.in/>)

**STUDENT'S SECTION**

**CROSSWORD**

**Carnatic Cryptic Crossword Puzzle #1**



**Across**

- 2. Ya! Taj and Agra do combine to reveal the greatest of them all (9)
- 4. Some kid that this rare raga could have come from an African nation! (6)
- 5. Salvage the rishabha to produce the raga (7)
- 7. Two coffees at the start of this raga? (10)
- 9. M & M contains a grand instrument (8)
- 13. Padmasura's head is muddled with trauma as he keeps complaining of a droning sound (7)
- 14. The final note produced by a Danish (7)
- 15. Virgina in a bad jail for singing something risque? (6)

**Down**

- 1. A lion's start is needed to keep this beat as it takes the longest time (10)
- 3. Single hair perhaps is the reason for no food? (5)
- 6. Anya held Yaman backwards to reveal him (9)
- 8. Rama and Sita combine to render this raga (8)
- 10. The rhythm to be kept looking at the northern sky? (6)
- 11. Ran around a vale and improvised (7)
- 12. Perhaps Asterix had this raga in his blood? (5)

**Radhika Mistry**  
(Newscaster)

Ref: - (sunson.wordpress.com)

**Riddles**

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What is full of holes but still holds water?
4. I have branches, but not fruit, trunk or leaves. What am I?
5. What is always in front of you but can't be seen?
6. What can you break, even if you never pick it up or touch it?
7. What goes up but never comes down?
8. What can you keep after giving to someone?
9. What can't talk but will reply when spoken to?
10. The more of this there is, the less you see. What is it?

**Previous Quiz Answers**

- GPA
- National Collegiate Athletic Association
- Professor
- Cover Letter
- TRUE

**Varad Pawar**  
(Newscaster)

Ref:- (https://parade.com/947956/parade/riddles/)

**FUN FACTS**

1. The only letter that doesn't appear on the periodic table is J.
2. At birth, a baby panda is smaller than a mouse.
3. Iceland does not have a railway system.
4. The colour red doesn't make bulls angry, they are colour blind.
5. There are times when Pluto is closer to the Sun than Neptune – one of these timelines was from 1979 to 1999.

**Radhika Mistry**  
(News Caster)

Ref: - [www.thefactsite.com](http://www.thefactsite.com)



**Vidhi Jadhav**  
(Sybms)



**PUZZLE**

Varad Pawar  
(News Caster)  
Ref :-  
Republic  
Workld.com

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